

# REMEMBER

Precautions everyone can take now are as simple as ABC:

A: Act to protect yourself by washing your hands regularly to diminish virus transmission. Use warm soapy water or alcohol based hand sanitizers. Also protect yourself by getting the seasonal flu shot this fall and the H1N1 vaccine when available.

B: Be considerate. With a tissue or your shirt sleeve, cover your mouth when you cough and your nose when you sneeze. If you or your child become ill, remain home, feel better, and avoid spreading the illness to others.

C: Connect with your choice of trusted health information and keep up to date with information and recommendations about the new novel H1N1 vaccine.

For additional information on seasonal flu and H1N1, log onto:

[fultoncountygahhealth.org](http://fultoncountygahhealth.org)  
[dch.georgia.gov](http://dch.georgia.gov)  
[cdc.gov/flu](http://cdc.gov/flu)  
[cdc.gov/h1n1flu](http://cdc.gov/h1n1flu)  
[flu.gov](http://flu.gov)



GEORGIA DEPARTMENT OF  
COMMUNITY HEALTH

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DEPARTMENT OF  
HEALTH & WELLNESS

# ROLL UP YOUR SLEEVE

Arm Yourself  
against the Flu!



## Your Guide to Preventing the Flu and What to Do if You Get It

How will I know if I have the seasonal flu or novel H1N1 virus (swine flu)? The symptoms are the same. The best thing to do is arm yourself with knowledge and take action to avoid getting or spreading the flu viruses.

Similarities

# SEASONAL FLU VIRUS

Symptoms:

- Fever
- Sore throat
- Muscle aches
- Cough
- Runny nose
- Extreme fatigue

How is it spread?

Typically it spreads from person to person when an infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

Who is at risk for seasonal flu?

Anyone can get the seasonal flu virus.

Who should get the seasonal flu vaccine?

- High risk groups:
  - Children 6 months to 19 years of age
  - People 50 years and older
  - People with chronic diseases such as diabetes or asthma
  - People living in nursing homes or long-term care homes
  - Women who are pregnant
  - Health care providers
- People living with anyone in a high risk group

Typical flu season:

From October through May

Differences

# NOVEL H1N1 VIRUS

Symptoms:

- Fever
- Sore throat
- Muscle aches
- Cough
- Runny nose
- Extreme fatigue

How is it spread?

Typically it spreads from person to person when an infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

Who is at risk for H1N1?

Anyone can get the novel H1N1 virus, however children and young adults seem to be at highest risk.

Who should get the novel H1N1 vaccine?

- High risk groups:
  - Children 6 months to 24 years of age
  - Women who are pregnant
  - People with chronic diseases such as diabetes or asthma
  - People caring for infants
  - Health care providers
- People living with anyone in a high risk group

*Please Note:* The Georgia Division of Public Health continues to monitor novel H1N1 severity levels.

## PREVENTION

### Wash your hands

- Wash hands according to the Six Steps chart below or use alcohol-based sanitizer:



### Cover your cough or sneeze

- Cover your mouth and nose when coughing or sneezing
- Use a tissue or cough/sneeze into your sleeve to contain the droplets (don't cough or sneeze into your hands)

### Other ways to stop the flu

- If you have flu symptoms, stay home! Wait 24 hours after fever is gone (without the use of Tylenol or ibuprofen) before returning to school or work
- Avoid sick people; encourage them to stay home

## VACCINATIONS

### Seasonal flu vaccine

One of the best ways to prevent the spread of seasonal flu is by getting vaccinated annually. There are two types of vaccines available: the flu shot and nasal spray. The vaccines are updated each year to prevent the spread of new strains of the flu virus, so even if you had a vaccine last year, you'll need another one this year. The vaccine stimulates the immune system to fight the circulating flu viruses.

### Who needs the seasonal flu vaccine?

- The seasonal flu vaccine is approved for people 6 months and older
- Healthy people who want to protect themselves against the flu, as well as anyone who is at risk for complications should get the flu vaccine

### Who can get the nasal spray vaccine?

- If you are a healthy individual between 2 and 49 years of age, who is not pregnant and does not have a chronic health condition, then the nasal spray is an alternative to the flu shot.

### 2009 H1N1 vaccine

- The vaccine is very important for people in high risk groups
- Log onto [health.state.ga.us/h1n1flu](http://health.state.ga.us/h1n1flu) to see a list of providers that have the vaccine
- Call the H1N1 Hotline at 1-888-416-1463 with questions about the vaccine and its availability

## SEASONAL FLU VIRUS

### Who should not be vaccinated?

- People who have a severe allergy to chicken eggs
- People who have had a severe reaction after a previous dose of influenza vaccine
- People who developed Guillain-Barré syndrome within 6 weeks of getting a flu vaccine
- Children less than 6 months of age
- Contact your health provider if these apply to you

### Vaccine side effects

- Most side effects are minor such as:
  - Soreness, redness or swelling at site where the flu shot is given
  - Low grade fever or aches that last 1 to 2 days
- Serious side effects are very uncommon
- Risks associated with the flu are much greater than the risks associated with the vaccine

### 2009 H1N1 vaccine side effects

- 2009 H1N1 vaccine was manufactured in the same manner, by the same companies as the seasonal flu vaccine. For additional information on the 2009 H1N1 vaccine, call the H1N1 Hotline at 1-888-416-1463 or log onto [health.state.ga.us/h1n1flu](http://health.state.ga.us/h1n1flu). The benefits of vaccinations outweigh the risks from complications of either flu.

## GOT FLU

### If you think you have the flu:

- Get plenty of rest
- Drink plenty of caffeine-free liquids to avoid dehydration
- Take non-aspirin pain relievers to reduce fever
- Stay home from work or school
- Contact your health care provider if you have questions about your illness

### Child - Warning signs that urgent medical attention is needed:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

### Adult - Warning signs that urgent medical attention is needed:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough